



PRSRT STD
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PERMIT NO. 825

Upcoming Trip Description Date(s) Day(s) Time Non-member Fee Program#

September Trips 2008 (Call for Availability)

Seminole Casino Coconut Creek	9/9	TU	10:30 am - 3:30 pm	SOLD OUT	
Fort Lauderdale Water Taxi (Individuals will be responsible to pay for their pass upon boarding the boat. Boat fee: 65+ \$10, under 65 \$13. Please note, this boat is not accessible for individuals with mobility issues, for clarification please call the Senior Center.)	9/17	W	9:15 am - 4:00 pm	\$5/\$7	180844A

Calder Race Track	9/22	M	10:45am - 5:00pm	\$5/\$7	180810B
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October Trips 2008 On Sale - Members 9/5, Non-Members 9/12

Hollywood Beach Day Trip	10/2	TH	10:00 am - 3:30 pm	\$5/\$7	280842A
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Lips (Dinner Show)	10/5	SU	5:15 pm - 10:00 pm	\$39/\$41	280838A
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Broward Center Performing Arts "Hairspray"	10/17 (Please Note Date change from 10/15 to 10/17)	F	6:45 pm - 11:00 pm	\$54/\$56	280839A
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Hard Rock Casino	10/21	TU	10:30 am - 4:00 pm	\$5/\$7	280826A
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Calder Race Track	10/27	M	10:45 am - 5:00 pm	\$5/\$7	280810A
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November Trips - On Sale to Members 10/3, to Non-Members 10/10

Wellington Mall	11/7	F	8:30 am - 3:30 pm	\$5/\$7	280846A
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Fort Lauderdale Water Taxi (Individuals will be responsible to pay for their pass upon boarding the boat. \$10 over 65; \$13 under 65. Please note, this boat is not accessible for individuals with mobility issues, for clarification please call the Senior Center.)	11/13	TH	9:30 am - 4:30 pm	\$5/\$7	280844B
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Seminole Casino Coconut Creek (\$15 free play & \$10 off buffet)	11/18	TU	10:00 am - 4:00 pm	\$5/\$7	280826A
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Calder Race Track	11/24	M	10:45 am - 5:00 pm	\$5/\$7	280810A
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SEPTEMBER/OCTOBER 2008

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Programs & Classes

Program/Class	Date(s)	Day(s)	Time	Registration	Fee	Program#
AARP Safe Driver Course	Bring check to class made payable to AARP					
	9/24 & 9/25	W&TH	9:00 am - 1:00 pm	8/1, 8/8	\$10	180853A
	10/15 & 10/16	W&TH	9:00 am - 1:00 pm	10/1,10/8	\$10	280853A
	11/19 & 11/20	W&TH	9:00 am - 1:00 pm	10/1,10/8	\$10	280853B
Beading Class Beaded Cabochons Loops to Diamond Bracelet Circles & Stripes Bracelet	Materials list available from the front desk. Senior Center membership required.					
	9/8-9/29	M	12:30 pm - 2:30 pm	8/1	Free	180805C
	10/6-10/27	M	12:30 pm - 2:30 pm	9/2	Free	280805A
	11/3 - 11/24	M	12:30 pm - 2:30 pm	10/1	Free	280805A
Book Review "Perfect Match" by Jodi Picoult "Kite Runner" by Khaled Hosseini Book of the Month Club: Join us for our returning book of the month club. Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served.	10/31	F	11:00 am - 12:00 pm	9/2		n/a
	11/14	F	11:00 am - 12:00 pm	10/1		n/a
Bowling (Registration going on at Strikers on 44 th Street - Must be a Senior Center Member)	9/3-5/27	W	9:00 am - 11:00 am	Now	\$7/3 games wkly	180854A
Blood Pressure Check	9/12,10/10	F	10:30 am - 11:30 pm	9/2	Free	N/A
Computer Programs	(Note: The computer classes are for Sunrise Residents, who are Senior Center members, over the age of 62).					
Beginning Computers	10/7 - 11/18	TU	1:00 pm - 3:00 pm	9/2	Free	280802A
	10/7 - 11/18	TU	6:30 pm - 8:30 pm	9/2	Free	280802B
Intermediate Comp.	10/8 - 11/5	W	1:00 pm - 3:00 pm	9/2	Free	280803A
Culinary Corner BBQ Chicken No-Bake Tuna Casserole Pasta w/Escarole & Cannellini Beans	Make simple recipes for-one that are healthy and low fat. BBQ Chicken Sandwich					
	9/25	TH	1:30 pm - 3:30 pm	8/1	\$5/\$7	180816C
	10/23	TH	1:30 pm - 3:30 pm	9/2	\$5/\$7	280816A
	11/13	TH	1:30 pm - 3:30 pm	7/1	\$5/\$7	280816B

Gardening Club 10/1 - 4/29 TH 10:00 am - 11:00 am Now Free
We are looking for individuals who have an interest in gardening. The senior center is looking to start a garden filled with herbs, flowers & much more. We plan to create a space where we can relax & enjoy the beauty together. Our 1st meeting will be on 10/1 to discuss a plan of action & the items we will need.

The Senior Center will be closed for Labor Day on Monday, September 1.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES – Note Changes
<p>9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers Arts & Crafts Room</p> <p>9:00 a.m. - 9:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:30 a.m. – 12:00 p.m. Open Gametime Burgundy Room B</p> <p>11:00 a.m. (Start Time) Monday Classic Movies Burgundy Room A</p> <p>12:30 p.m. - 2:30 p.m. Beading Class Burgundy Room B</p> <p>1:00 p.m. – 2:30 p.m. Spanish Class Arts & Crafts Room</p> <p>2:30 p.m. – 4:30 p.m. Monday Dance Mixer Burgundy Room A & B</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:00 a.m. - 12:00 p.m. Mah Jongg Class – Burgundy Room B Program #180809A</p> <p>9:30 a.m. - 10:30 a.m. Senior Aerobics Burgundy Room A Program #180857A</p> <p>9:30 a.m. - 11:00 a.m. Open Computer Lab Classroom Program #180806A</p> <p>1:00 p.m. - 3:00 p.m. Beginners Computer Class Classroom</p> <p>1:00 p.m. - 3:00 p.m. Sewing Creations Arts & Crafts Room Program #180858B</p> <p><i>Special Evening Hours</i> 6:00 p.m. - 9:00 p.m. Open Game Room</p> <p>6:00 p.m. - 9:00 p.m. Woodcarving Arts & Crafts Room</p> <p>6:00 p.m. (Start Time) Tuesday New Release Movies Senior Center Library – New Location</p> <p>6:30 p.m. - 8:30 p.m. Beginners Computer Class</p>	<p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:00 a.m. - 9:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 12:00 p.m. Senior Bowling League Strikers Lanes</p> <p>11:30 a.m. - 12:30 p.m. Laughter Club (1st & 3rd Wed.) Burgundy Room B</p> <p>12:30 p.m. - 3:30 p.m. Bridge (Open Play) Burgundy Room A</p> <p>1:00 p.m. – 3:00 p.m. Intermediate Computers Classroom</p> <p>1:30 p.m. – 3:30 p.m. Intermediate Painting Arts & Crafts Room</p> <p>3:00 p.m. - 4:30 p.m. Singles Club Burgundy Room B</p>	<p>9:30 a.m. - 11:00 a.m. Bereavement Support Group Classroom</p> <p>10:00 a.m. – 11:00 a.m. Coupon Club Senior Center Library</p> <p>10:00 a.m. – 11:00 a.m. Gardening Club Senior Center Patio</p> <p>10:00 a.m. - 12:00 p.m. Line Dancing Burgundy Room A</p> <p>12:30 p.m. -3:30 p.m. Open Gametime Burgundy Room B</p> <p>12:30 p.m. – 4:00 p.m. Non-Sanctioned Duplicate Bridge Burgundy Room A</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training Burgundy Room A Program #180856A</p> <p>10:30 a.m. - 12:30 a.m. Pan Lessons Arts & Crafts Room</p> <p>1:00 p.m. - 2:30 p.m. Choral Group Burgundy Room A Program #180827A</p> <p>1:00 p.m. - 2:30 p.m. Bingo Burgundy Room B</p> <p>1:30 p.m. – 3:30 p.m. Beginning Painting Arts & Crafts Room</p>	<ul style="list-style-type: none">When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest.If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.No changes can be made 7 days prior to the trip or at the restaurants.Trips departing before 3:30 p.m. leave from the Civic Center east parking lotIf you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.Please occupy the same bus seat on the way to and from an event.Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.Current I.D. cards must be presented for any transaction.Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.No membership renewals or new members will be accepted on the morning of ticket sales.Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.
<p><u>Monday Classic Movies</u> New Time at 11:00 am</p> <p>9/8 <u>A Yank at Oxford</u> Robert Taylor & Maureen</p> <p>9/15 <u>Ghost Story</u> Fred Astaire, Patricia Neal</p> <p>9/22 <u>Gun for San Sebastian</u> Anthony Quinn, Janette Comer</p> <p>9/29 <u>The Last Hard Men</u> Charlton Heston, James Coburn</p> <p>10/6 <u>A Friend’s Betrayal</u> Brian Austin Green & Sharon</p> <p>10/13 <u>Billy Rose’s Diamond Horse Shoe</u> Dick Haymes, Betty Grable</p> <p>10/20 <u>Murder By Number</u> Sandra Bullock, Ryan Gasling</p> <p>10/27 <u>Throw Momma From Train</u> Billy Crystal, Danny DeVito</p>	<p><u>Tuesday New Movies</u></p> <p>9/2 <u>Miss Conception</u> - Heather Graham 1 hr, 40 min (Rated R)</p> <p>9/9 <u>Never Back Down</u> Wyatt Smith 1 hr, 45 min (Rated PG-13)</p> <p>9/16 <u>The Bank Job</u> Jason Statham 1hr, 40 min (Rated R)</p>	<p><u>Tuesday New Movies (con’t)</u></p> <p>9/23 Vantage Point Forest Whitaker, Dennis Quaid 1 hr, 30 min PG-13</p> <p>9/30 Street Kings Keanu Reeves, Forest Whitaker 1 hr, 40 min (Rated R)</p> <p>10/7 Stop Loss Ryan Philippe 1 hr, 10 min (Rated R)</p> <p>10/14 Fighting with Anger Willie Nelson 2 hrs (Rated R)</p> <p>10/21 Counterfeiters Karl Markovics 10/28</p>	<p><i><u>SPECIAL EVENTS</u></i></p> <p>Lunch Bunch Friday, September 26 11:30 am - 12:30 pm Come and enjoy 2 kosher hot dogs with all the trimmings and a cold beverage. Space is limited. Sign up begins: 8/1 Cost: Members \$3 /Non-Members \$5 Program #180837A</p> <p>Halloween Social Wednesday, October 29 1:30 pm – 3:00 pm Join us for great entertainment & delicious refreshments. Costume contest & prizes) Sign up begins: 9/2 Cost: Members \$3 /Non-Members \$5 Program #290922A</p> <p>Thanksgiving Celebration Wednesday, November 19 6:30 p.m. – 9:30 p.m. Join your friends at your home away from home to celebrate together. Enjoy a traditional Thanksgiving dinner with all the fixings. Enjoy a great band, 30-minute show & dance the night away. Sign up begins: 9/5 Cost: Members \$17 / Guests \$19 Program #280832A</p>		

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

Program/Class	Date(s)	Day(s)	Time	Registration	Fee	Program#
Green Thumbs	Taught by Horticulturist Robert Bornstein.					
Florida Peppers	9/24	W	10:30 am - 11:30 am	8/1, 8/8	\$1/\$3	180815C
	Learn about their benefits & how to grow them.					
Floral Decoupage Plate	10/22	W	10:30 am - 11:30 am	9/2, 9/9	\$1/\$3	280815A
Holiday Pinecone Decoration	11/26	W	10:30 am - 11:30 am	10/1,10/8	\$1/\$3	280815B
Jazzercise	9/1 - 10/22	M&W	9:30 am - 10:30 am	Walk-in	\$44/8 week \$12/daily	N/A
Language Classes (Note: The Spanish & ESOL classes are for Sunrise residents, over the age of 62)						
Beginning Spanish Class	10/20 - 12/8	M	1:00 pm - 2:30 pm	9/2	Free	280821A
	(Here is your chance to learn the basics of Spanish. Limited space available.)					
ESOL English for Speakers of Other Languages	10/7 - 12/2	TU	6:30 pm - 8:00 pm	9/2	Free	280817A
	(Here is your chance to learn the basics of English. Limited space available.)					
Monday Mixer Dance	Weekly	M	2:30 pm - 4:30 pm	Walk-in	Free	N/A
	Live entertainment & refreshments. Sign up one week in advance for home (in Sunrise only). Cost is .25					
Painting Classes						
Beginning Painting	10/24 - 12/3	F	1:30 pm - 3:30 pm	9/2	\$10/\$12	2808011A
Intermediate Paint.	10/22 - 12/5W		1:30 pm - 3:30 pm	9/2	\$10/\$12	2808020A
Sewing Creations Ongoing		T	1:00 pm - 3:00 pm	Now	Free	180819A
Learn how to sew & use basic stitches to complete projects. Members must bring their own materials. Register once/year.						

Sunrise Striders 10/1 - 4/29 M&W 9:00 am - 9:30 am Now Free

Join us in the lobby of the senior center to get a healthy start to your morning. The Sunrise Striders is a walking club with the goal of promoting fitness & good health. We will help monitor your progress & be there to cheer you on!

Sunrise Woodcarvers

Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructors are available.

Times: Mondays, 9:00 am - 10:30 am and Tuesdays, 6:00 pm - 9:00 pm

Location: Sunrise Senior Center, 10650 W. Oakland Park Blvd.

Sunrise Women's Bocce Club

Meetings: Wednesdays, 6:45 pm

Location: Nob Hill Soccer Club Park, 10200 Sunset Strip.

Learn to play the traditional game of bocce with the Sunrise Women's Bocce Club. Membership in the Sunrise Senior Center is required for participation in the program. The club will not meet in July & August. They will resume Wednesday October 1st. For further information please contact Barbara Watson at 954-742-7492

SUNRISE SENIOR CENTER

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ACTIVITIES

Social Services - Programs & Seminars

The Special and Community Support Division provides information and referral regarding available federal, state, and county social service programs. Our social worker can assist with information regarding Food Stamps, assisted living and nursing home criteria, Medicare, Medicaid, HMO & Medigap Insurance. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For further information, contact the social worker at (954) 746-3670. Outreach is available for homebound residents

Program	Fee	Date(s)	Day(s)	Time	Registration
Broward Health Mammovan	\$58	10/7, 11/4, 12/9	TU	Appt. Req'd.	Ongoing-must call
Open to ages 35+. Insurance coverage for payment will be accepted (no HMO's please). Call (954) 746-3670 to schedule an appointment.					

Property Tax Exemption Assistance	Free	10/10, 11/14, 12/12	F	10:00 am - 11:30 am	Walk-ins welcome
Representatives from the Broward County Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida driver's license or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.					

Community Wellness Lectures

From Label to Table	Free	11/5	W	1:00 pm - 2:00 pm	9/2
Ann Chickowski R.D. will show us how to read the label before we put it on our table. Learn how to be a smart consumer of healthy food.					

Five Wishes (Living Wills)	Free	12/3	W	1:00 pm-2:00pm	10/1
Kim Neale of Hospice by the Sea will help you express how you want to be treated if you are seriously ill and unable to speak for yourself.					

Mini-FLOW	Free	11/13	TH	10:00 am - 3:00 pm	Walk-ins welcome
Department of Highway Safety and Motor Vehicles representatives will be on site for drivers license renewals, replacement of lost licenses, address changes, Florida ID cards, and handicapped placards. Some renewals will require an original identification such as a passport, birth certificate or Social Security card. Payments must be by check, cash or money order only.					

Free Hearing Screenings	Free	11/14	F	9:30am-12:00pm	10/1
The League of Hard of Hearing will be providing hearing screenings at The Sunrise Senior Center for Florida residents. Qualified persons will receive an amplified telephone at no charge. Space is very limited and an appointment will be required.					